



ARMY SAFE
IS ARMY STRONG



Off-Duty Safety

Protecting DA Personnel and
Families

Terminal Learning Objective

Action: Recommend control measures that can be emplaced to reduce off-duty injuries that affect Soldier's combat readiness.

Conditions: Given scenarios describing off-duty activities.

Standards: Recommendations must be feasible and based on the five-step Composite Risk Management (CRM) process.

Lesson Data

- Class Safety Requirements
- Lesson Risk Assessment
- Environmental Conditions
- Evaluation – You will be evaluated based on your participation during class discussions and answers to the Checks-on-Learning.

References

- AR 385-10, *The Army Safety Program*, 23 August 2007
- DA Pam 385-1, *Small Unit Safety Officer/NCO Guide*, 29 Nov 2001
- DA Pam 385-10, *The Army Safety Program*, 24 Aug 2007
- FM 5-19, *Composite Risk Management*, August 2006

Additional Sources

- <http://www.cdc.gov>
Centers for Disease Control and Prevention
- <http://www.nasbla.org>
National Association of State Boating Law Administrators (NASBLA)
- <http://www.uscg.mil>
<http://www.uscgboating.org>
United States Coast Guard
- <http://www.aapcc.org>
American Association of Poison Control Centers

Additional Sources

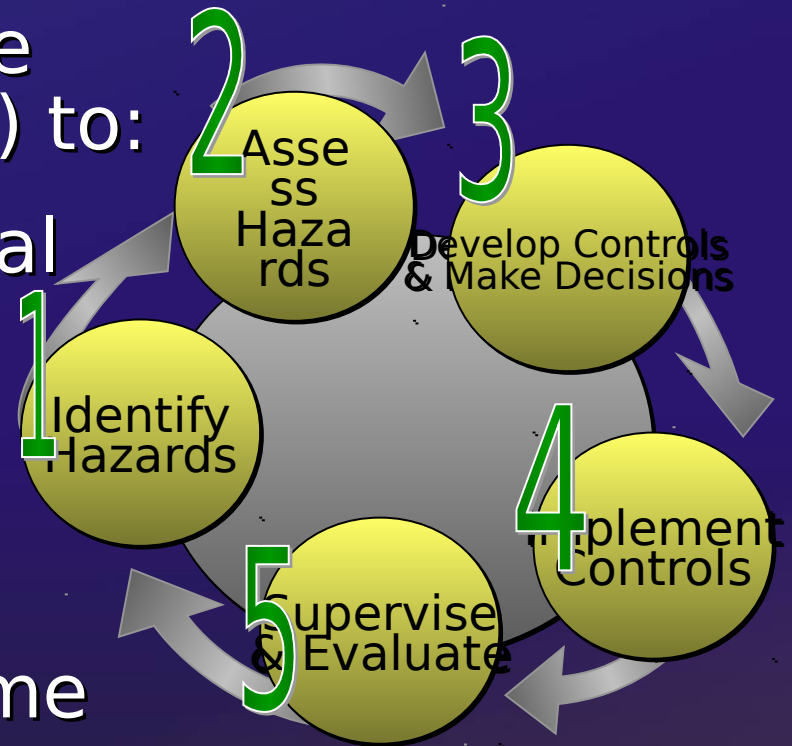
Continued

- <http://chppm-www.apgea.army.mil>
U.S. Army Center for Health Promotion and Preventive Medicine
- <http://www.nfpa.org>
National Fire Protection Agency
- <https://crc.army.mil>
Risk Management Information System (RMIS)
- <http://www.nraila.org>
National Rifle Association of America,
Institute for Legislative Action

Overview

- Off-duty safety and application of Composite Risk Management (CRM) to:

- Sports and recreational activities
- Swimming
- Boating
- In and around the home



Enabling Learning Objective A

Action: Recommend control measures that can be emplaced to reduce off-duty sports injuries that affect Soldier's combat readiness.

Conditions: Given scenarios relating to off-duty sporting activities and the five CRM process steps.

Standards: A minimum of two recommendations must be provided and feasible based on the five-step Composite Risk Management (CRM) process.

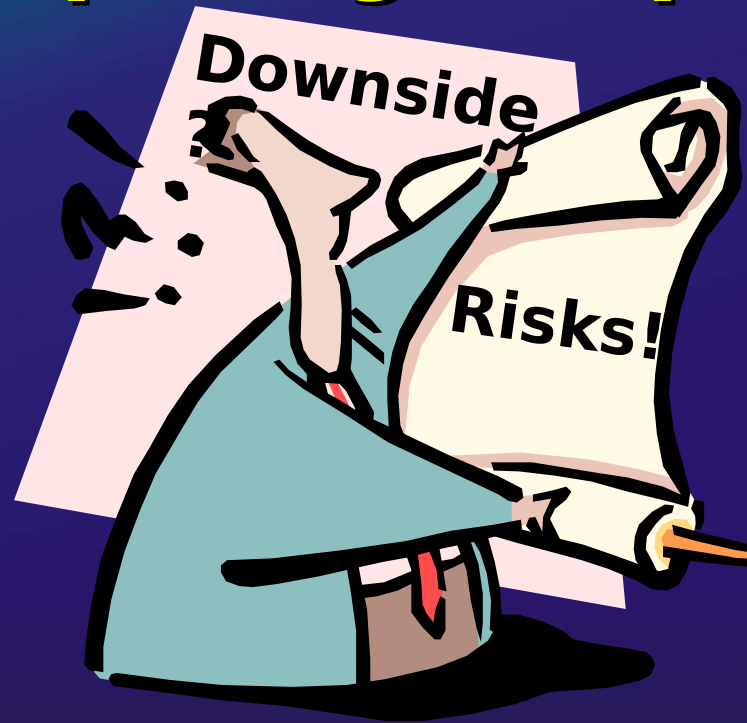
NOTE: Be prepared to discuss recommended control measures in reference to the Composite Risk Management process.

Why Personnel Participate in Off-Duty Sports

- For the benefits!
 - Provides physical conditioning
 - Compliments physical fitness programs
 - Builds camaraderie and teamwork
 - Reduces stress
 - It's fun



What's the Downside of Participating in Sports?



Sports – second highest cause in off-duty disabling injuries (motor vehicle is first)

Top 10 Injury Related Sports

Activity	2005	2006	2007	Total 3-yr
Basketball	26	43	28	97
Football	22	12	12	46
Swimming	6 (5)	6 (6)	5 (3)	16 (14)
Boating	7 (5)	5 (4)	12 (9)	24 (18)
Biking	13	13	9	35
Softball	6	12	11	29

FY 2005 / 2006 / 2007 RMIS

Class A-C injuries (parenthesis equals Class A)

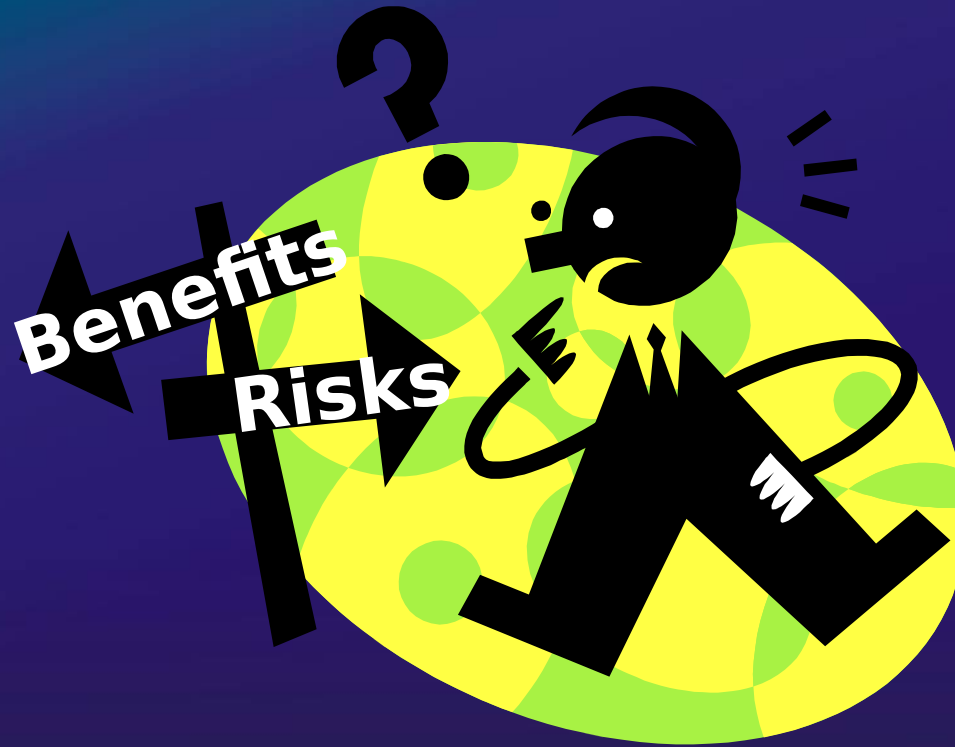
Top 10 Injury Related Sports

Continued

Activity	2005	2006	2007	Total 3-yr
Skiing / Snowboardi ng	4	11	10	25
Soccer	3	9	1	13
Volleyball	1	5	5	11
Running / Jogging	4	4	2	10
Weightlifting	4	3	1	8

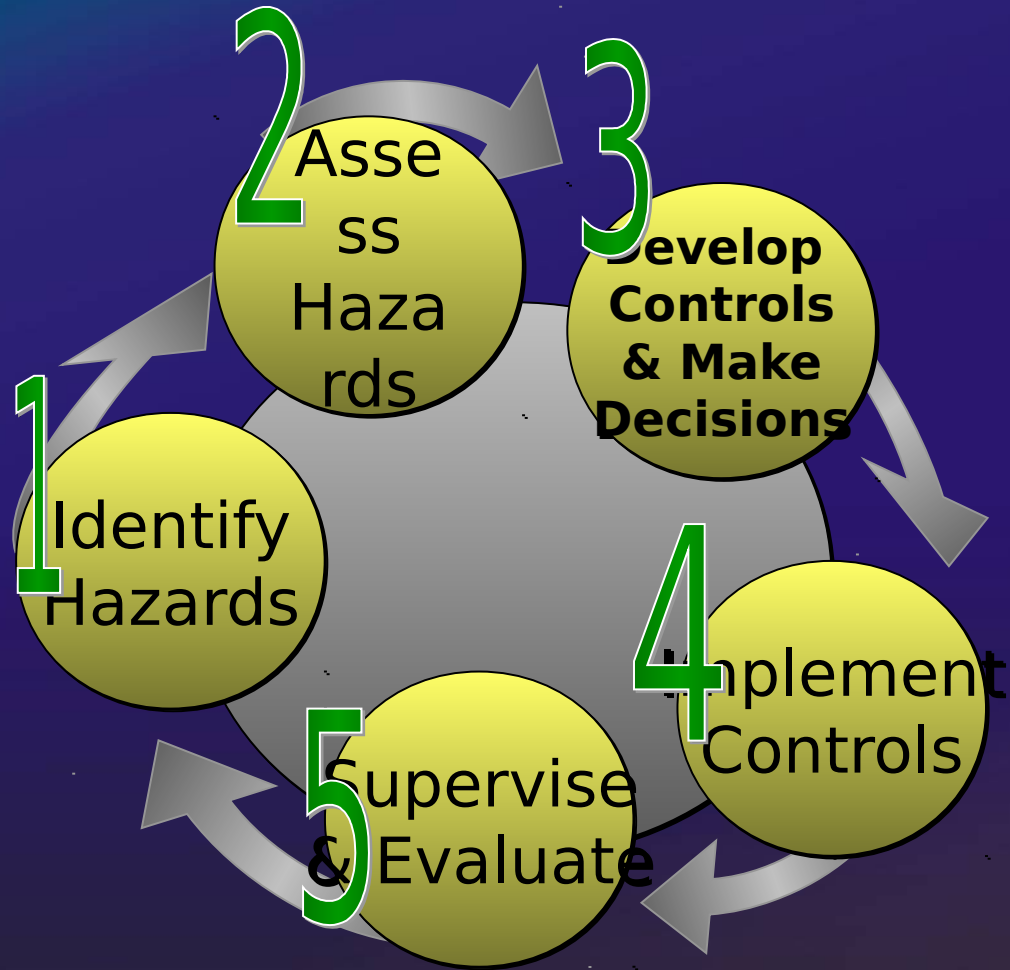
FY 2005 / 2006 / 2007
RMIS
Class A-C injuries

Off-Duty Sports and Recreation



**How can we be sure that
the benefits outweigh the risk?**

Composite Risk Management 5-Step Process

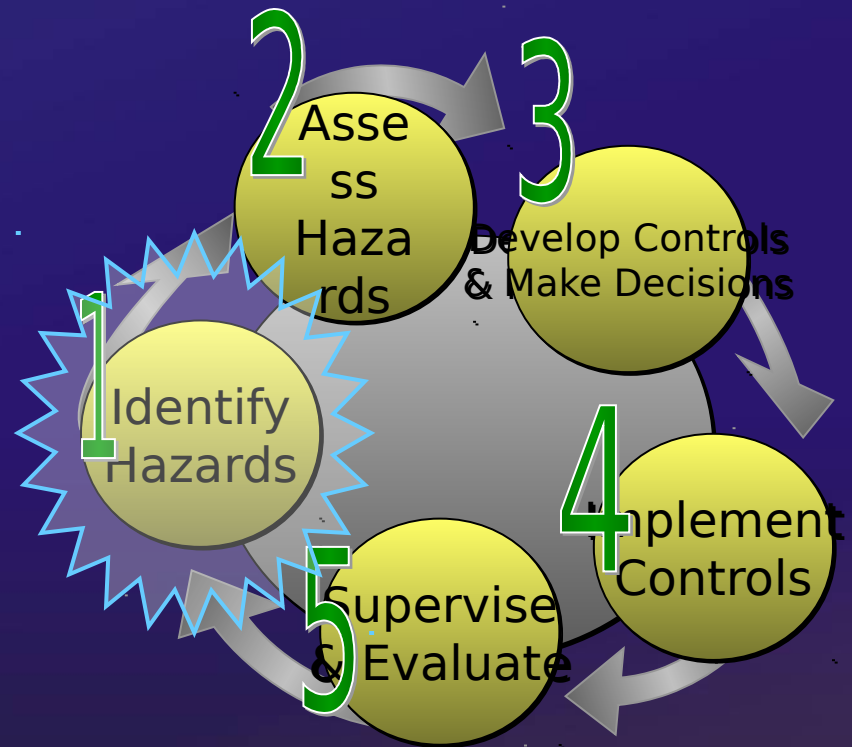


Team & Individual Sports

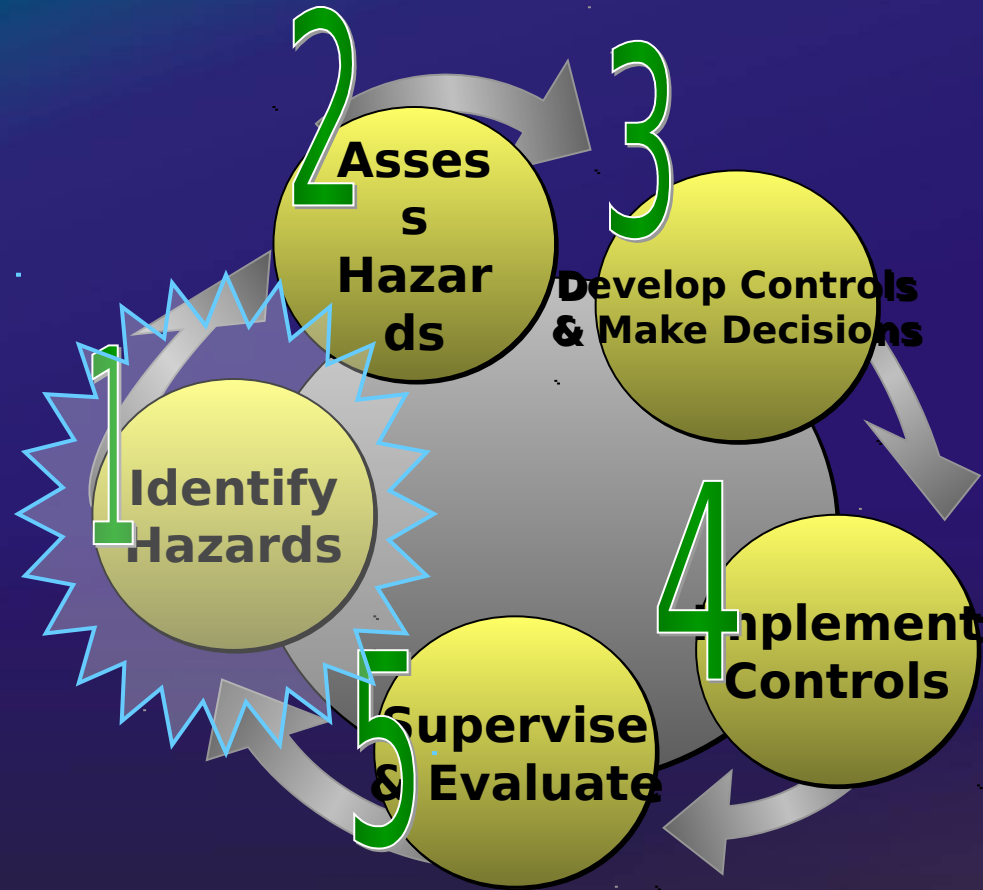
- Team sports that produce the most injuries
 - Basketball
 - Football
 - Softball
- Individual sports that produce the most injuries
 - Water sports (boating, jet skiing, swimming)
 - Winter sports (skiing, snowboarding)
 - Biking

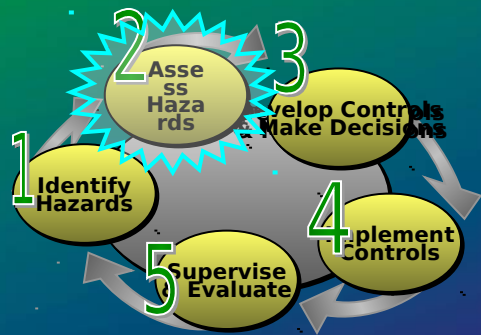
Identifying Hazards

- Lack of protective clothing
- Poor conditioning
 - Individual ability
 - Individual skill
- Lack of adequate coaching
 - Violation of rules
 - No supervision



Team Sport Injuries

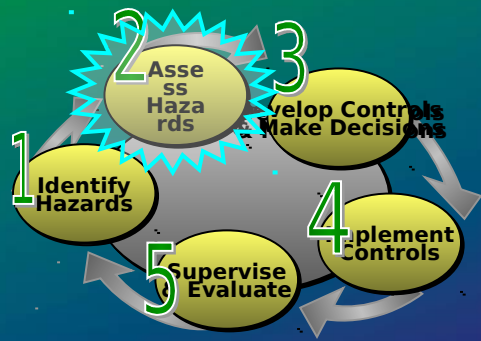




Basketball Injuries

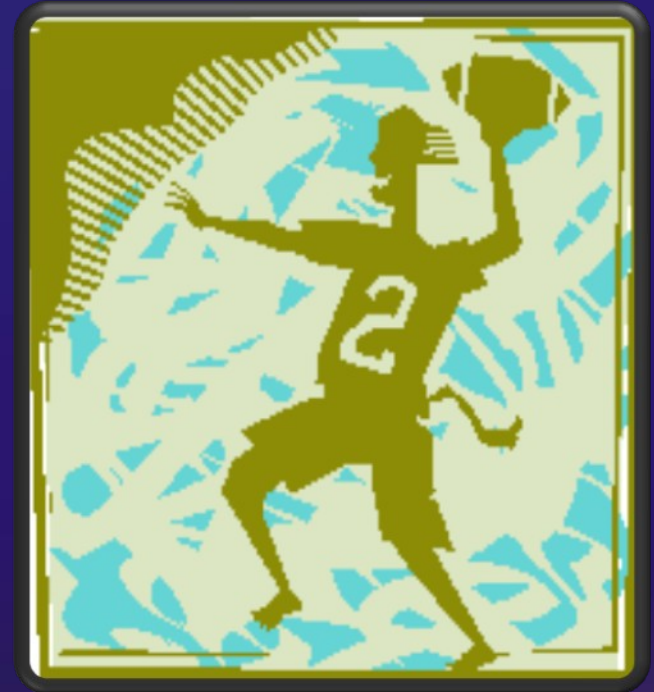
- Foot / ankle injuries
- Knee injuries
- Facial injuries
- Hand / wrist injuries

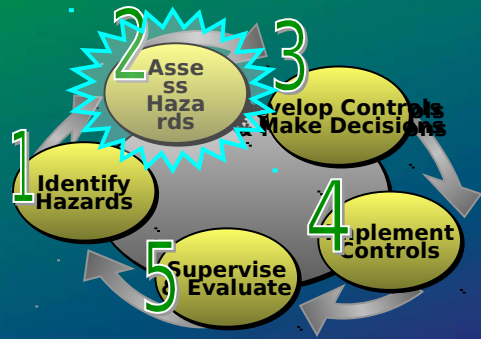




Football Injuries

- Leg / knee injuries
- Hand / wrist injuries
- Arm / shoulder injuries



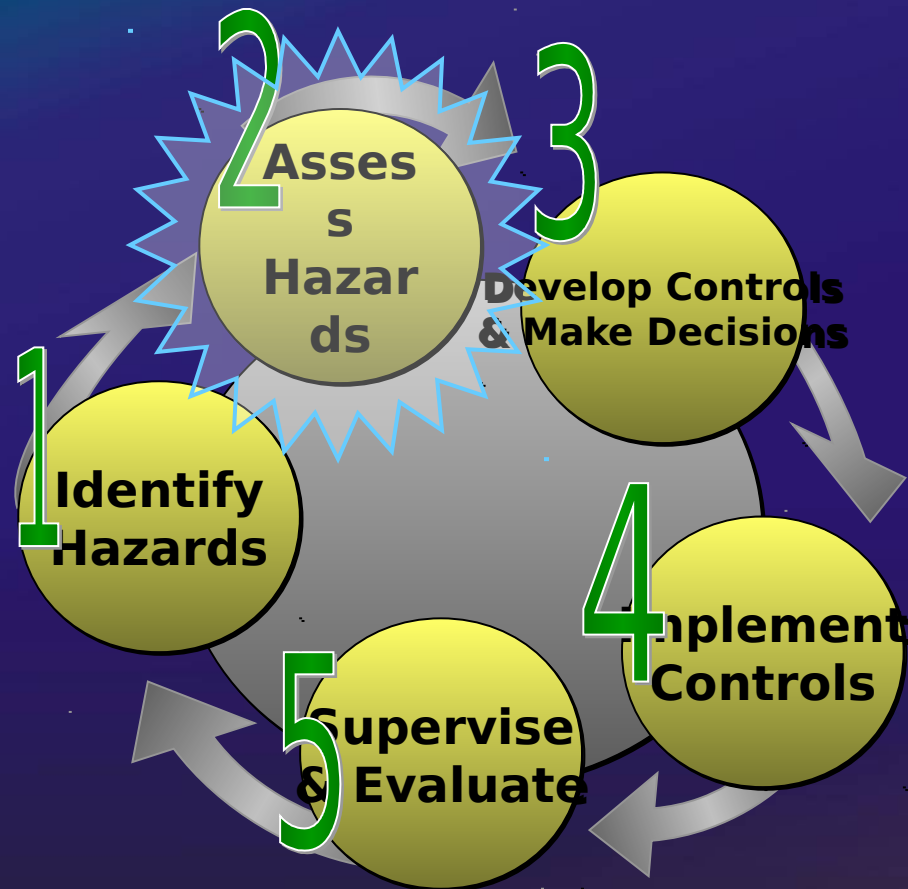


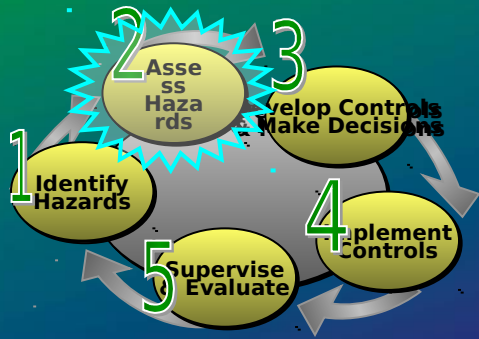
Softball Injuries

- Ankle injuries
- Leg / knee injuries
- Hand / finger injuries
- Face injuries



Individual Sport Injuries

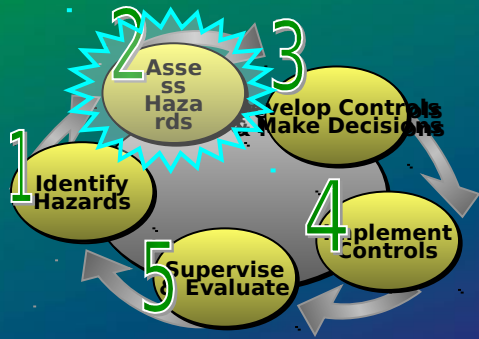




Swimming / Boating

- Drowning
- Spinal cord injury / paralysis
- Discussed in more detail later

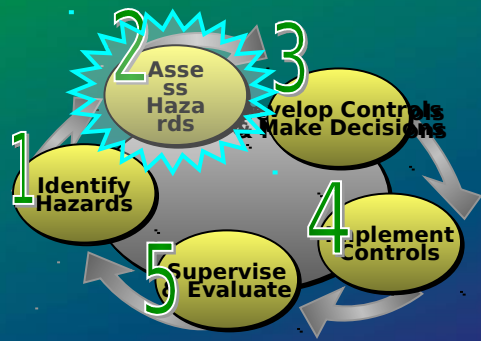




Skiing / Snowboarding

- Head / collarbone / shoulder
- Arm / rib / spine / wrist

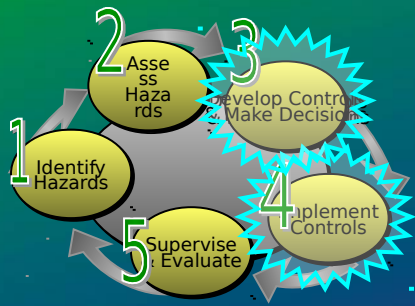




Biking

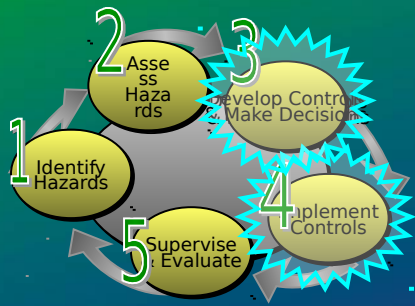
- Shoulder / collarbone
- Hand / wrist
- Arm / elbow





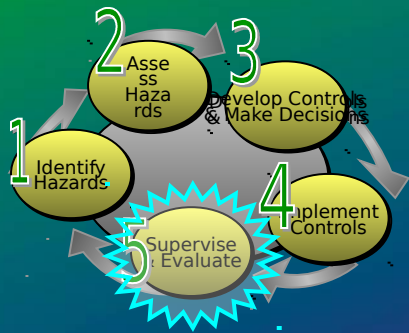
Develop & Implement Controls

- Stretching and warm-up prior to conducting exercise
- Wear proper personal protective equipment (PPE)
- No alcohol prior to or during activity
- Don't over-estimate your ability
- Apply Composite Risk Management



Develop & Implement Controls

- Other controls?
 - Basketball
 - Football
 - Softball
 - Boating / swimming
 - Skiing / snowboarding
 - Biking



Supervise and Evaluate Control Measures

- Conduct monthly performance counseling
- Talk to Soldiers and get to know them
- Use “under the oak tree” counseling
- Identify risk-taking Soldiers
- Continue leader engagement / involvement

Questions or Comments?



Check on Learning

- What team sport produces the most injuries?
 - Basketball
- Name at least two actions (controls) a Soldier should take to reduce the risk of injuries while participating in sports?
 - Controls may include: wearing proper PPE, do warm-up activities, avoid alcohol consumption
- How can leaders help reduce off-duty injuries or deaths of Soldiers?
 - For example, apply CRM and be involved

Enabling Learning Objective B

Action: Recommend control measures that can be emplaced to reduce off-duty swimming injuries and drownings.

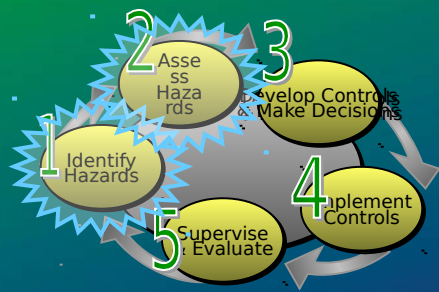
Conditions: Given scenarios relating to off-duty swimming activities.

Standards: A minimum of two recommendations must be provided and feasible based on the five-step Composite Risk Management (CRM) process.

NOTE: Be prepared to discuss recommended control measures in reference to the Composite Risk Management process.

Preliminary Loss Report Extracts

- Soldier suffered a permanent total disability (broken neck) when he *dove* from a ledge into a river and *struck a submerged pipe*
- Soldier suffered a permanent total disability when he *dove* into a swimming pool at the middle depth while intoxicated and *struck his head* on the bottom of the pool breaking his neck



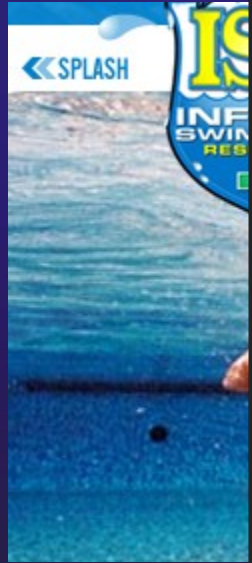
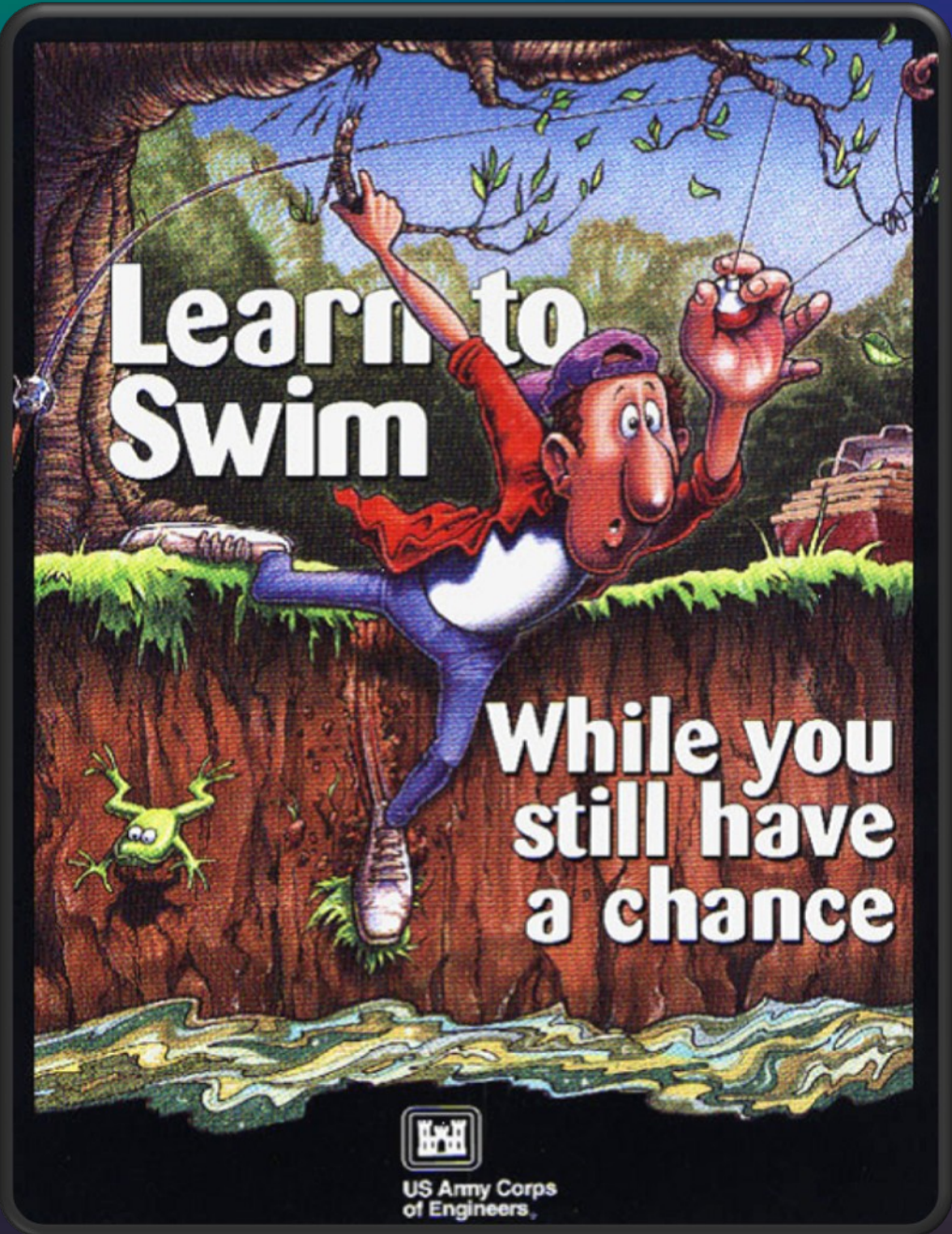
Swimming Hazards & Trends

- Unfamiliar with environmental factors
 - Obstacles within the water
 - Cold water
 - Current / undertow
- Consuming alcohol
- Over-estimate swimming skill

Inf

orce

Child dr



<http://www.>





Swimming Control Measures

- Only swim in authorized areas
- Follow posted rules
- Avoid individual and environmental hazards
- Check depth before diving
- Keep distance from diving board





Swimming Control Measures

Continued

- Know your limitations / ability
- Improve personal swimming skills
- Swim with others; never swim alone
- Don't substitute floats for personal flotation device
- Don't drink alcohol and swim
- Learn rescue techniques

Questions or Comments?



Check on Learning

- What water-related activity most often causes permanent disabilities?
 - Diving
- Whenever around water, what devices should always be present?
 - PFD (Personal Flotation Devices)
- How can we help prevent future swimming related injuries from happening?

Enabling Learning Objective C

Action: Recommend control measures that can be emplaced to reduce off-duty boating injuries and deaths.

Conditions: Given scenarios relating to off-duty boating activities.

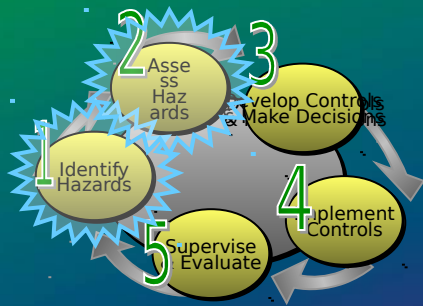
Standards: A minimum of two recommendations must be provided and feasible based on the five-step Composite Risk Management (CRM) process.

Preliminary Loss Report Extract

Soldier was on R&R leave from Iraq and while fishing with a family member from the Jon-boat, the boat submerged.
Soldier drowned attempting to swim to shore.

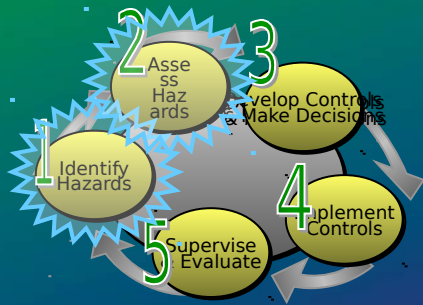
Note:

- No personal flotation devices worn
- Exceeded weight limitations for boat
- Poor swimming ability



Boating Hazards & Trends

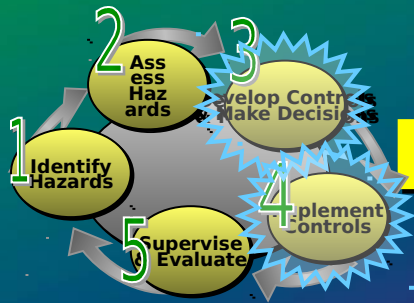
- Not wearing personal flotation device
- Lack of operator training and experience
 - Boat safety course (state specific)
 - First time on water



Boating Hazards & Trends

Continued

- Not following safe boating procedures
 - Speeding
 - Consuming alcohol
 - Losing situational awareness



Boating Control Measures

- Attend safe boating course (required by many states)
- Ensure personal flotation devices (PFDs) are worn
- Avoid alcohol consumption if operating a boat (no drinking and driving)
- Prepare a float plan (similar to a flight plan)
- Be prepared to survive cold water
- Don't overload the boat



Boating Control Measures

Continued

- When boarding - stay low
- Never stand in a small boat
- Watch your wake speed
- Know what to do if someone falls overboard
- Follow boating rules with all personal watercrafts
- If boat capsizes, stay with it

Personal Flotation Devices (PFDs)



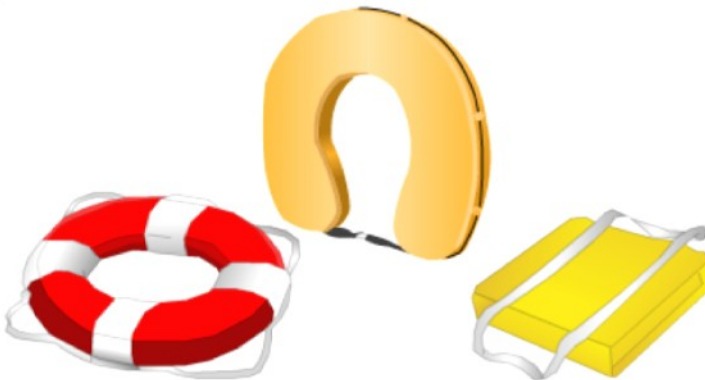
Type I



Type II



Type III
Inflatable



Type IV



Type V

PFD - Type I Off-Shore Life Jacket

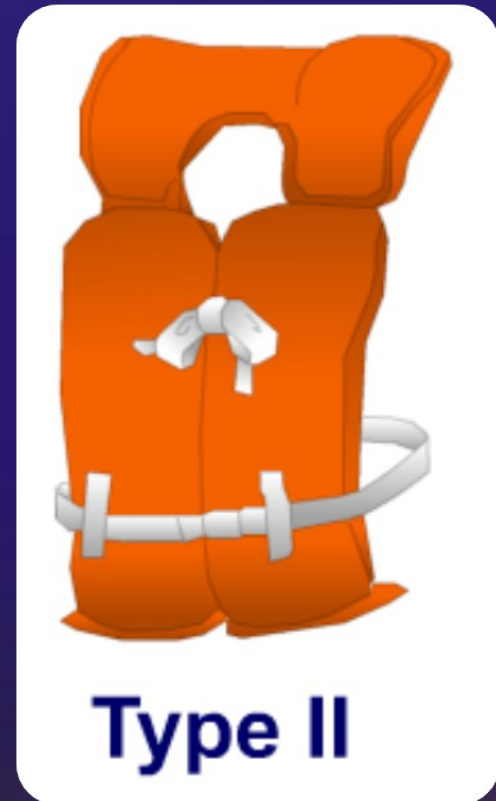
- Provides the most buoyancy
- For oceans and exposed waters in cases of delayed rescue
- Designed to turn most unconscious wearers to a face-up position



PFD - Type II

Near Shore Vest

- Inland lakes and rivers
- Will turn some unconscious wearers to a face-up position



PFD - Type III Flotation Aid

- Designed so wearers can place themselves in a face-up position
- May have to tilt head back to avoid turning facedown in the water
- Used for water sports



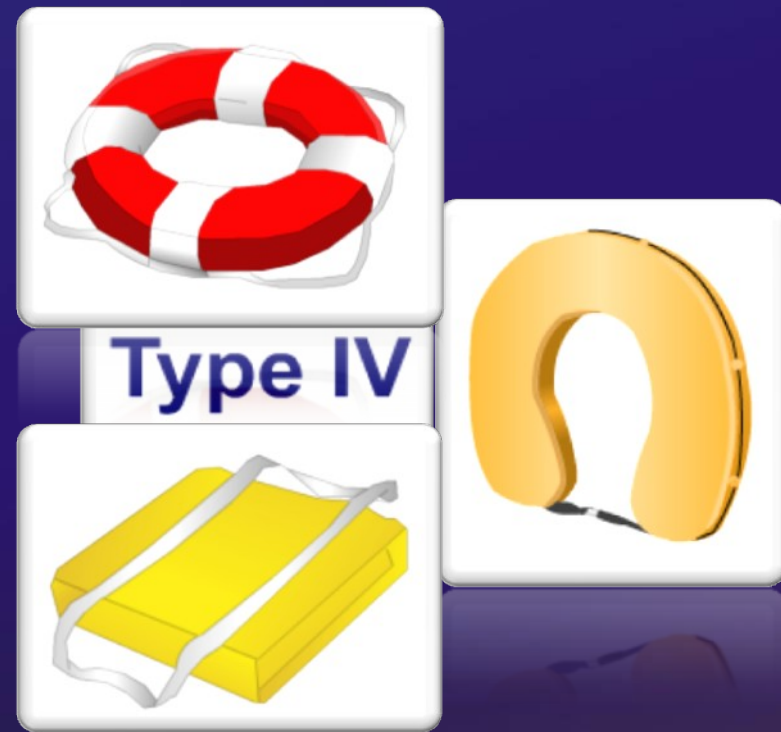
Type III Inflatable



Type III

PFD - Type IV Throwable Devices

- Ring buoys, horseshoes and cushions
- Calm, inland water with heavy boat traffic
- Not designed to be worn
- Emergencies



PFD - Type V

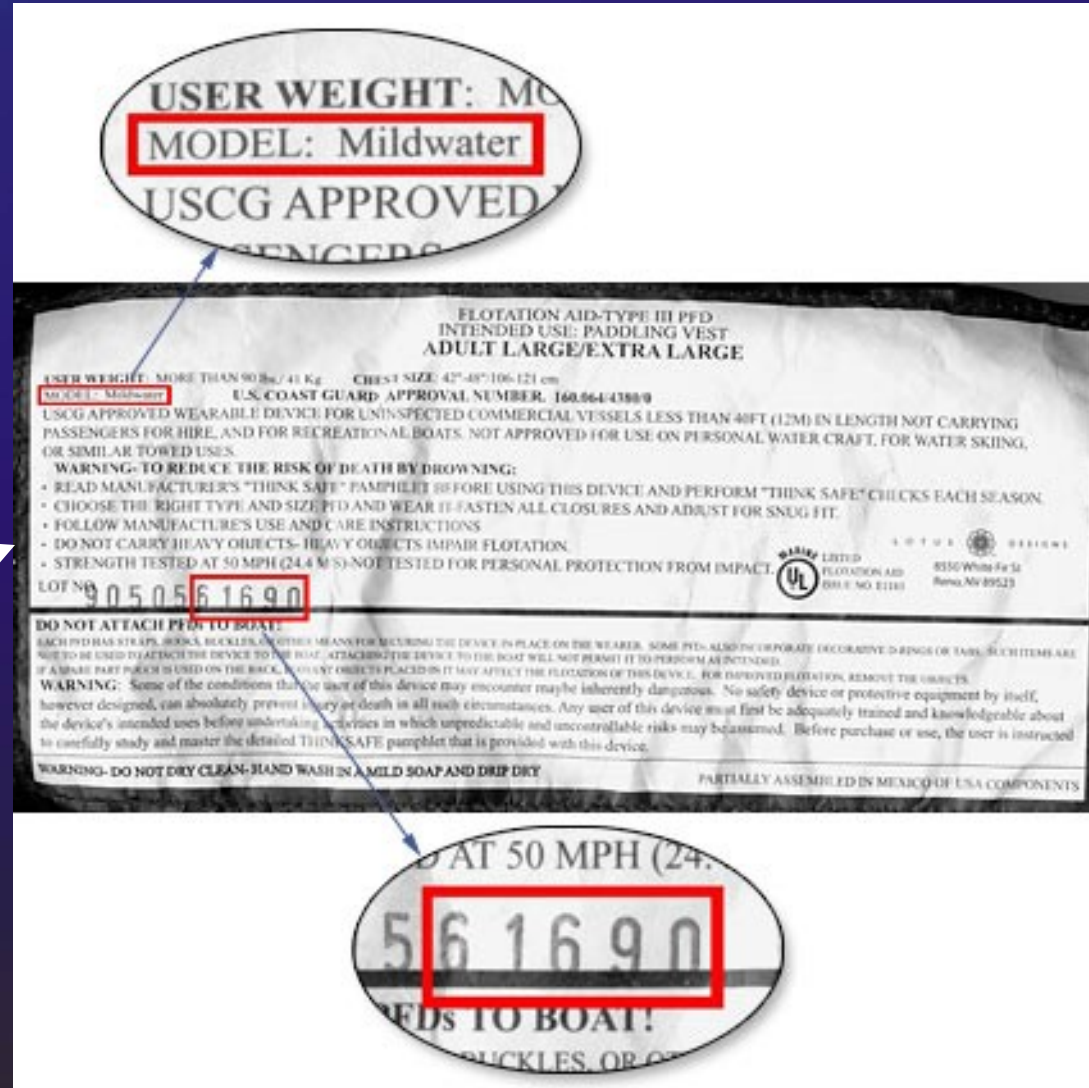
Special-Use Devices

- Intended for specific activities and uses
- May be worn instead of another PFD
- Must be worn to be valid



Check for Approved PFD

- USCG Approved
- Water type
- User weight/size





Boat Safety Equipment

- Fire extinguisher
- Carburetor flame arrestor (inboard motors)
- Whistle, bell or horn
- Signal devices
- Lights (for night operation)



Boat Safety Equipment

Continued

- Paddle
- Flashlight
- Anchor
- Tool kit
- Bail bucket
- Approved safety fuel can
- Weather band radio
- Compass
- First aid kit
- Flywheel rope

Questions or Comments?



Check on Learning

- The vast majority of boat-related injuries could be eliminated by wearing what?
 - Personal Flotation Devices (PFD)
- Approximately what percentage of boating accidents involved the use of alcohol?
 - Alcohol is involved in over 1/3 of boating fatalities
- How can we help prevent future boating injuries from happening?

Enabling Learning Objective D

Action: Recommend control measures that can be emplaced to reduce injuries in and around the home.

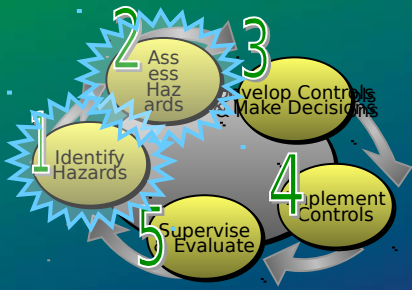
Conditions: Given scenarios relating to injuries occurring in and around the home.

Standards: A minimum of two recommendations must be provided and feasible based on the five-step Composite Risk Management (CRM) process.



Hazards in/around the Home

- Top four hazards / injuries in the home
 - Slips, Trips & Falls
 - Poisoning
 - Fires
 - Privately-owned weapons (firearms)



Hazards in/around the Home

Continued

- Others injuries
 - Being struck by vehicle or train (RMIS 2007)
 - Suffocation of infants/children
 - Drowning
 - Cuts



Slips, Trips & Falls

- All age groups
 - Showers / Tubs
 - Stairs
 - Wet floors
 - Toys
 - Balconies and windows
 - Other





Slips, Trips & Falls *Continued*

Army	2005	2006	2007	Total
Class A	8	2	6	16
Class B	0	0	0	0
Class C	51	80	60	191
Near Misses	?	?	?	?

Note: Military – Alcohol related in over 30%

Preliminary Loss Report Extract

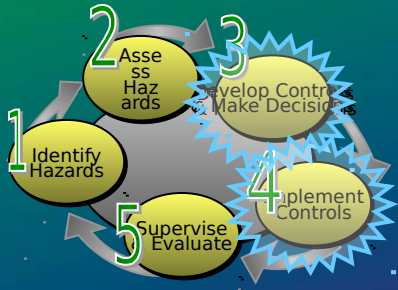
- 2007
 - Soldier was at a party in an apartment when he apparently fell from the 3rd floor balcony. Soldier is hospitalized with minimal brain activity and on life support. Permanent total disability at this time...

Preliminary Loss Report Extract

- 2006
 - Soldier suffered a fall down a set of stairs and suffered a fractured skull, bruising to the brain and lungs. Soldier passed away on 23 Nov 05 at the Frankfurt Medical Center from his injuries...

Preliminary Loss Report Extract

- 2005
 - Soldier fell out of an attic resulting in traumatic brain injury; SM expired approximately two weeks later...

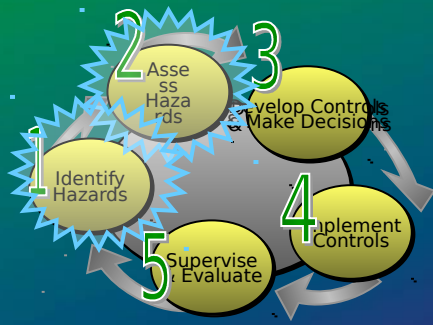


Slips, Trips & Falls Control Measures

- Good housekeeping
- Keep alcohol on ground floor
- Use buddy-team whenever possible
- Be aware of potential risks
- Other...

Poisoning Hazards



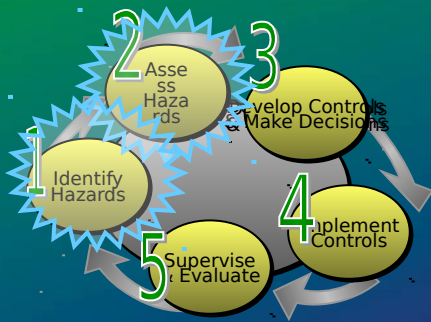


Poisoning Hazards

- Intentional vs. unintentional
- Probability and severity of unintentional poisoning
- Categories of poisons in the home

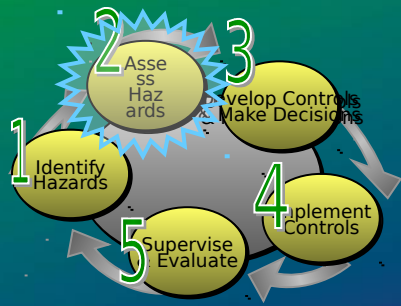


Intentional vs. Unintentional



- Intentional
 - Suicide
 - Misuse
 - Abuse
 - Unknown
- Unintentional
 - General
 - Environmental
 - Occupational
 - Therapeutic error
 - Misuse
 - Bite/Sting
 - Food poisoning
 - Unknown

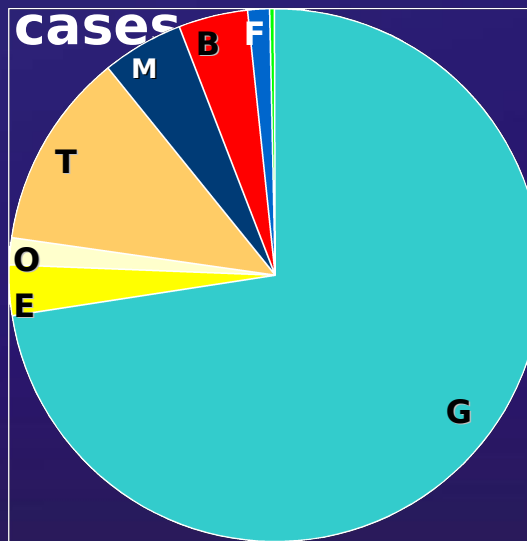




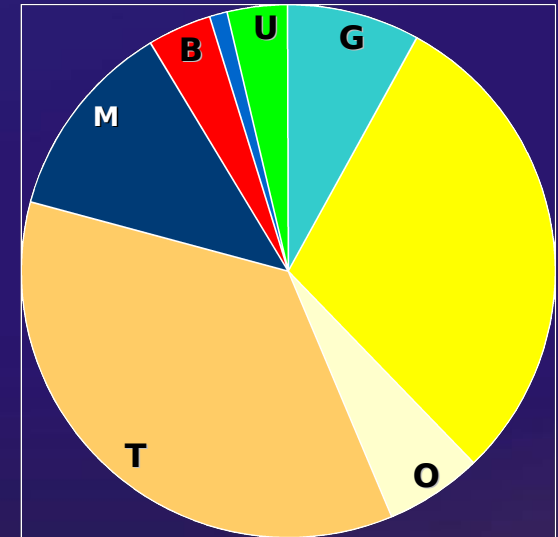
Unintentional Poisoning Probability & Severity

- General
- Environmental
- Occupational
- Therapeutic error
- Misuse
- Bite/Sting
- Food poisoning
- Unknown

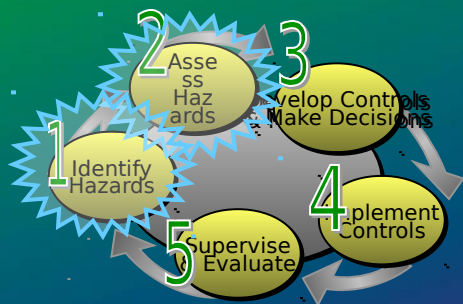
2,031,538 total



172 total deaths



<http://www.aapcc.org>



Top 3 Poisons in the Home

- Analgesics
- Cosmetics / personal care products
- Cleaning substances (household)



Top 10 Exposures

- Analgesics
- Cosmetics / hygiene products
- Cleaning substances
- Foreign bodies (toys)
- Cold and cough preparations
- *Plants
- Pesticides
- Vitamins
- Antihistamines

• Topical preparations

***Children (6 and Younger)**

Plants Associated with Reported Cases of Poisoning

• Plant categories	# of
Cases	
- Peace lily	2,350
- Pokeweed, inkberry	2,214
- Poinsettia	1,917
- Philodendron	1,679
- Holly	1,401
- Poison ivy	1,367
- Unspecified berry	951
- Oleander	766
- Christmas cactus	766
- Jade plant	722
- Dandelion	656
- Crabapple plant parts	630
- Caladium	627
- Strawberry	474

**American Association of Poison Control
Centers**

<http://www.aapcc.org>



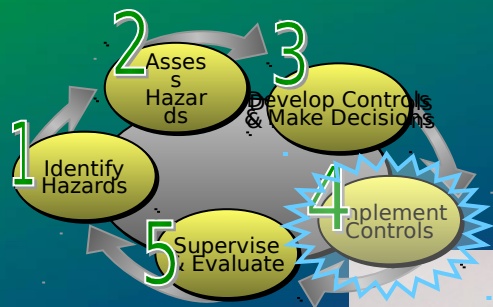
Control Potential Poisons in the Home

- Use drugs / medicines as directed
- Control medicine around the home
- Secure items in locked container or cabinet
- Be aware of your surroundings



Common Cleaning Products Determine Controls





Cabinet Security



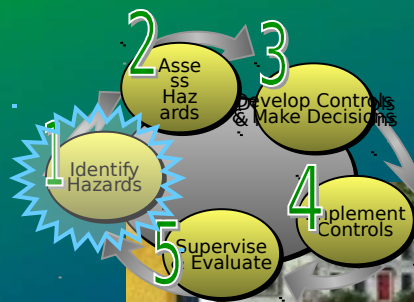
Home Fire Hazards



National Statistics - FY 2006

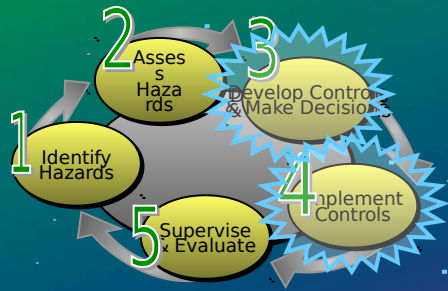
- Total home fires - 412,267
 - Leading cause of home fire - cooking
 - Leading cause of cooking fire - unattended cooking
- Home fire breakdown
 - 32% Cooking
 - 17% Heating equipment
 - 5% Candles
 - 5% Smoking
 - 4% Electrical of lighting
 - 37% Other

<http://www.nfpa.org>



What are the Hazards?





Fire Prevention Fundamentals

- Never leave heat, flame or light source unattended
- Keep children, pets and combustibles away from cooking
- Practice proper housekeeping for fire prevention
- However, in case of fire, have a home fire extinguisher on hand to help reduce severity

Recommended Home Fire Extinguisher Type

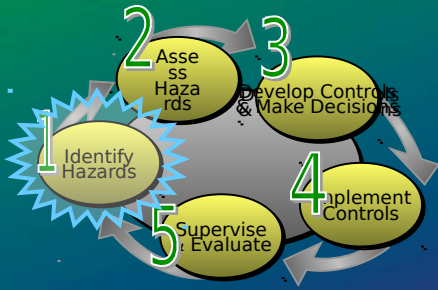
- Type ABC
 - A – wood, paper, cloth, trash and other ordinary materials
 - B – gasoline, grease, oil, paint and other flammable liquids
 - C – live electrical equipment



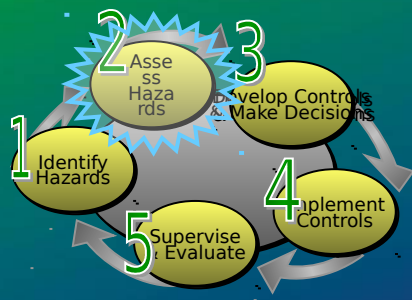
Privately Owned Weapons (Firearms)



Accidental Discharge Scenarios



- Improper cleaning procedures
- Improper clearing procedures
- Horseplay / showing-off firearm
- Weapon falling while loaded



Firearm Hazard Analysis

- Gun owners in the U.S.: 65-80 million
- American households with firearms: 45%
- Percentage of accidental deaths: 0.7%

Army	2005	2006	2007	Total
Class A	2	1	6	9
Class B	1	2	2	5
Class C	5	15	11	31
Near Misses	?	?	?	?

National Rifle Association of America, Institute for Legislative
<http://www.nraila.org>



Firearm Control Measures

- Keep weapon secured and unloaded at all times
- Treat weapon as loaded at all times
- Pay attention to detail, know your weapon



Firearm Control Measures



**THINK
WEAPONS SAFETY!**

Treat every weapon as if it is loaded.

Handle every weapon with care.

Identify the target before you fire.

Never point the muzzle at anything you don't intend to shoot.

Keep the weapon on safe and your finger off the trigger until you intend to fire.



U.S. ARMY

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U.S. ARMY COMBAT READINESS CENTER

<https://crc.army.mil>

own^{the}
EDGE

Leading on the Edge

Questions or Comments?



Check on Learning

- What is the number one category for injuries in the home within the United States?
 - Slips, trips and falls
- Name the top three poisons within the home.
 - Analgesics, cosmetics, and cleaning substances
- What is the leading cause of home fires within the United States?
 - Unattended cooking

Summary

- Off-duty safety and application of Composite Risk Management (CRM) to:

- Sports and recreational activities
- Swimming
- Boating
- In and around the home



In Conclusion

- Help maintain our combat readiness
- Demonstrate, apply, and encourage the use of CRM to all activities . . . On-duty and OFF!

